

SELF CARE

Here Are Answers to Your Questions About Free & Clear

What is the Free & Clear® Quit For Life™ Program?

It is a nationally recognized, scientifically based program that over the last 20 years has helped hundreds of thousands of people quit tobacco successfully. Free & Clear uses a comprehensive approach to effectively address all three aspects of tobacco dependence: *physical, psychological and behavioral*.

What does the Quit For Life Program include?

The Quit For Life Program consists of phone-based treatment sessions with a professionally trained Quit Coach. Participants can also call in to the program as many times as they need for additional support. The program includes:

- Phone-based treatment sessions scheduled at the participant's convenience.
- Unlimited toll-free telephone access to the Quit Coaches for the duration of the treatment.
- Recommendations of type, dose and duration of medication, if appropriate.
- Nicotine replacement products, such as patches, gum or lozenges, mailed directly to the participant's home, if recommended.
- A Quit Guide of materials designed to help participants stay on track between calls.

Who is eligible for the program?

State Health Plan subscribers and their dependents are eligible to participate in the Free & Clear® Quit For Life™ Program.

How much does it cost to participate in the Quit For Life Program?

We are committed to helping our subscribers become free of tobacco, so the State Health Plan pays the full cost of the Quit For Life Program—employees (and their eligible dependents) pay nothing. Even the cost of nicotine patches, gum and lozenges is covered.

Does the Quit For Life Program cover prescription drugs?

Prescriptions for *bupropion* and *Chantix* are available to program participants through the State Health Plan's prescription drug program. If the Quit Coach recommends bupropion or Chantix it may be prescribed by a physician. Free & Clear will send you a letter for you to take to your physician that explains your determination to become tobacco free. Your physician will decide whether or not to write a prescription for bupropion or Chantix.

How does someone enroll in the Quit For Life Program?

Enrollment is easy. A subscriber can call 866-QUIT-4-LIFE (866-784-8454) to get started. A registration specialist will verify eligibility to enroll and then transfer him/her to a Quit Coach for an initial intervention.

Can a subscriber re-enroll if he/she starts using tobacco again?

Yes. We recognize that it often takes several attempts to quit tobacco for good and that participants may start using tobacco again during the program. The Quit For Life Program was designed to support participants through all phases of quitting, including relapse.

